



Northern Marianas College | College Assembly

# COVID-19 Protocol Updates

February 25, 2022

Please Standby

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# COVID-19 Protocol Updates

February 25, 2022 | Campus Assembly



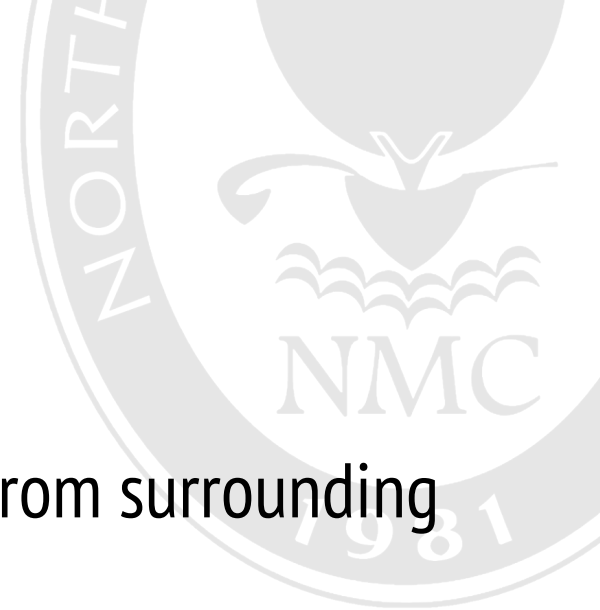
## Campus E-Assembly Agenda:



- Welcome, Dr. Galvin Deleon Guerrero
- Guest Speaker:
  - Mr. Guillermo Lifoifoi, PIO CHCC
- Updates-New Protocols:
  - Acting HR Director Roman Tudela
- Mental Health Resources:
  - Project PROA Director Kaelani Demapan
- Q & A

# Campus E-Assembly

- Active listening
- Be fully present by removing distractions from surrounding area (i.e. cellphone, etc.)
- When you have a question, please use the chat where messages can be sent anonymously.



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# Welcoming Remarks:

## Galvin Deleon Guerrero, EdD



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## College President

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# Guest Speaker

**Guillermo Lifoifoi**

*CHCC Public Information Officer*



# COVID-19 in the CNMI

as of February 24, 2022





# COVID-19 UPDATE

Feb. 24, 2022



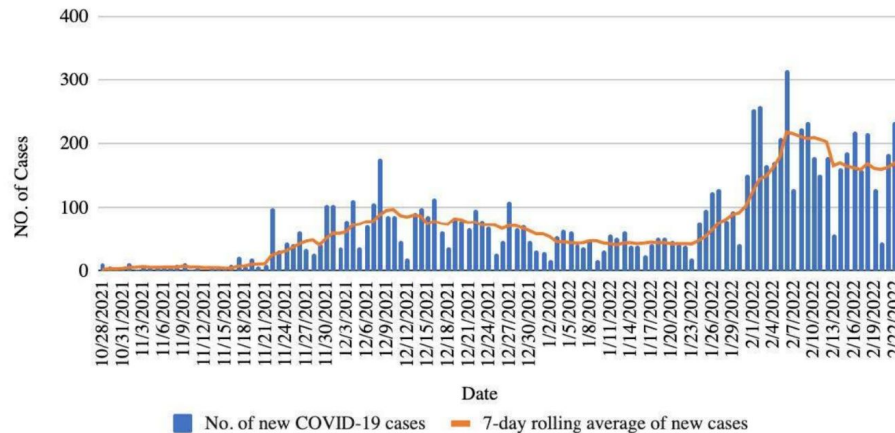
**5** Active hospitalizations  
Feb. 24, 2022

**446** COVID-19 tests  
conducted Feb. 23, 2022

As of Feb. 23, 2022: 157 additional individuals positive for COVID-19.

TOTAL	RECOVERED	ACTIVE	DEATHS
9,265	8,291	947	27

New COVID-19 Cases and 7-Day Rolling Average of New Cases  
October 28, 2021-February 23, 2022



## VACCINATION SUMMARY

Feb. 24, 2022

Eligible Population Who Received An Additional Dose **56.2%**

Total Additional Dose Administered **20,967**

For detailed vaccination information, visit [www.vaccinatecnmi.com/vax-dashboard](http://www.vaccinatecnmi.com/vax-dashboard).

Practice the **3 W's: Wear** your mask, **Wash** your hands, and **Watch** your distance.  
For a guidebook on how to live COVID-19 safe, visit [www.staysafecnmi.com/livecovidsafe](http://www.staysafecnmi.com/livecovidsafe).  
To register for a **COVID-19 vaccine** or **booster shot**, visit [www.vaccinatecnmi.com](http://www.vaccinatecnmi.com).

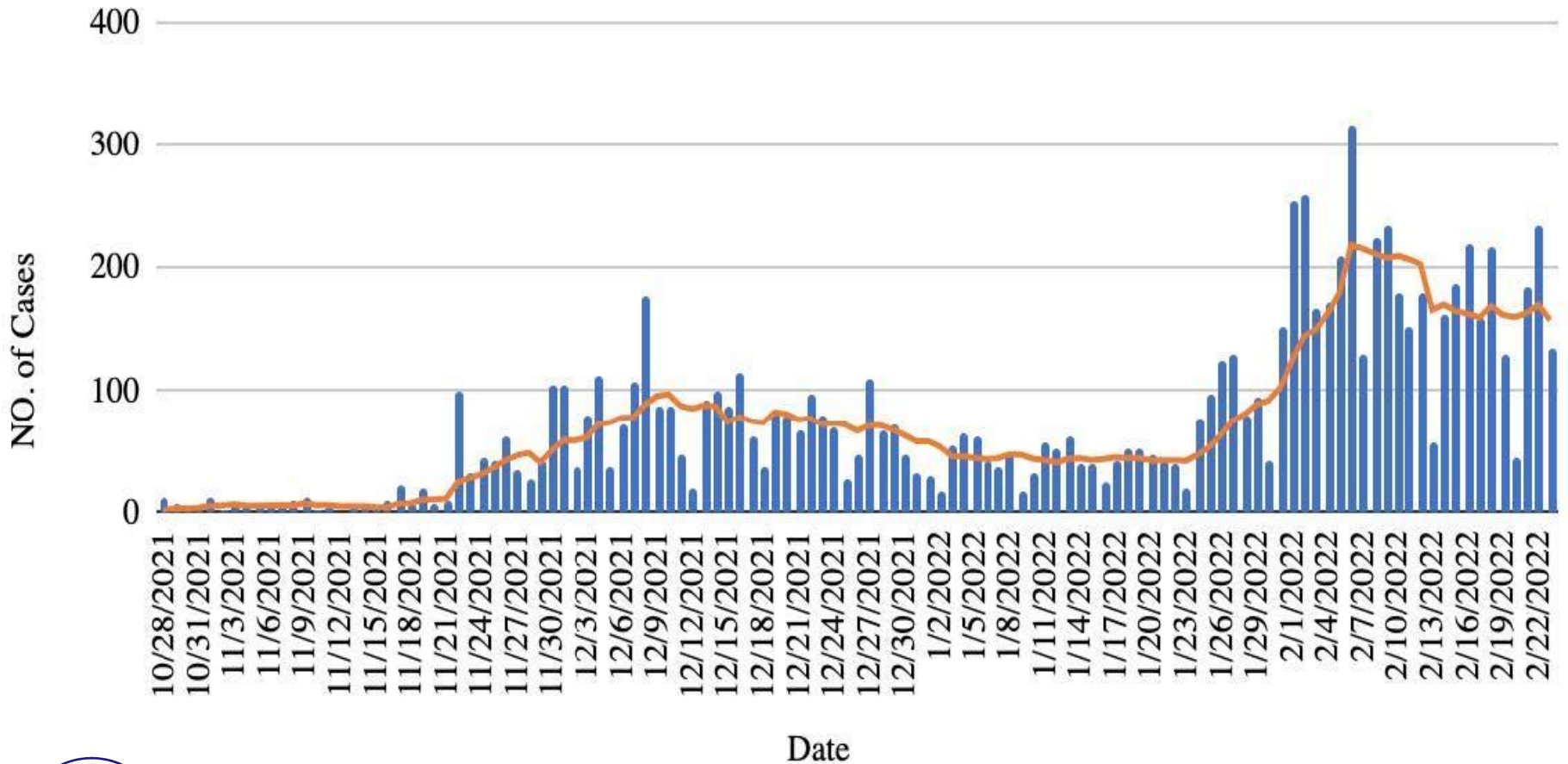
**Governor's COVID-19 Infoline**  
(670) 488-0211  
8 a.m. - 8 p.m., Monday - Sunday  
[info@staysafecnmi.com](mailto:info@staysafecnmi.com)

**CNMI COVID-19 Dashboard**  
(Updates next business day)  
<https://chcc.datadriven.health/covid19>  
[www.chcc.gov.mp](http://www.chcc.gov.mp)

Call the **Tele-Triage Hotline** if you are experiencing COVID-19 symptoms  
(670) 233-2067  
24 hours a day, 7 days a week



# New COVID-19 Cases and 7-Day Rolling Average of New Cases October 28, 2021-February 23, 2022



■ No. of new COVID-19 cases
 — 7-day rolling average of new cases

If you test positive on **any COVID-19 test kit**, regardless of your vaccination status:

- **Stay home and isolate from others for at least 5 days**
- **Wear a well-fitted mask**
- **Get some rest**
- **Stay hydrated**

You may take over-the-counter medicine as directed to relieve your symptoms.



If you test positive on any COVID-19 testing kit, report it online:

Visit **[www.staysafecnmi.com/self-reporting](http://www.staysafecnmi.com/self-reporting) within **5 days of your COVID-19 positive test result** for a certificate of completion.**

Provide the following info:

- Photo ID
- Test result or photo of test result
- Contact information



If you tested positive on any COVID-19 test kit and are looking for treatment:

Visit the Koblerville COVID-19 Community Center or the CHCC Medical Care and Treatment Site **within 5 days of your test result** (*especially if you are at higher risk for severe illness, including history of diabetes, high blood pressure, heart disease, obesity, or cancer, or over the age of 65*).



For a guidebook on how to live COVID-19 safe and for more information on the CNMI's COVID-19 response:

**[WWW.STAYSAFECNMI.COM/LIVECOVIDSAFE](http://WWW.STAYSAFECNMI.COM/LIVECOVIDSAFE)**

For COVID-19 vaccination information:

**[WWW.VACCINATECNMI.COM](http://WWW.VACCINATECNMI.COM)** or

**(670) 682-7468**



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# Updates-New Protocols

**Acting Director: Roman Tudela**



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**Human Resources Office**

# NMC COVID-19 Protocols

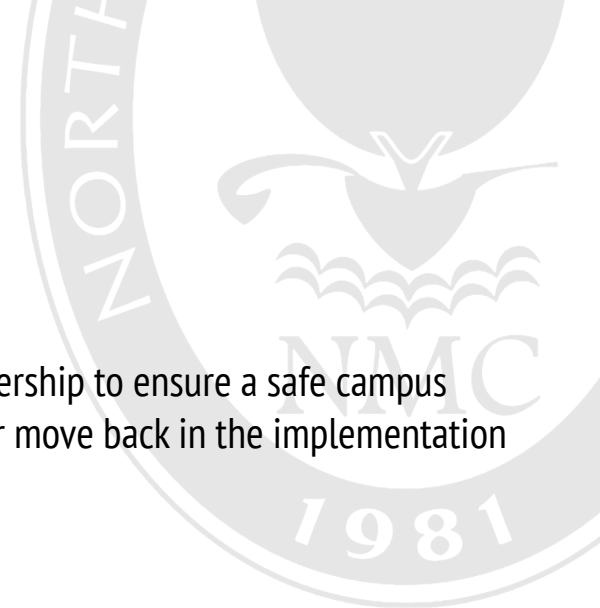
## Phased Approach

NMC will continue to work closely with public health officials and government leadership to ensure a safe campus environment on all three islands. College leadership maintains the right to pause or move back in the implementation of this phased approach based on community health conditions.

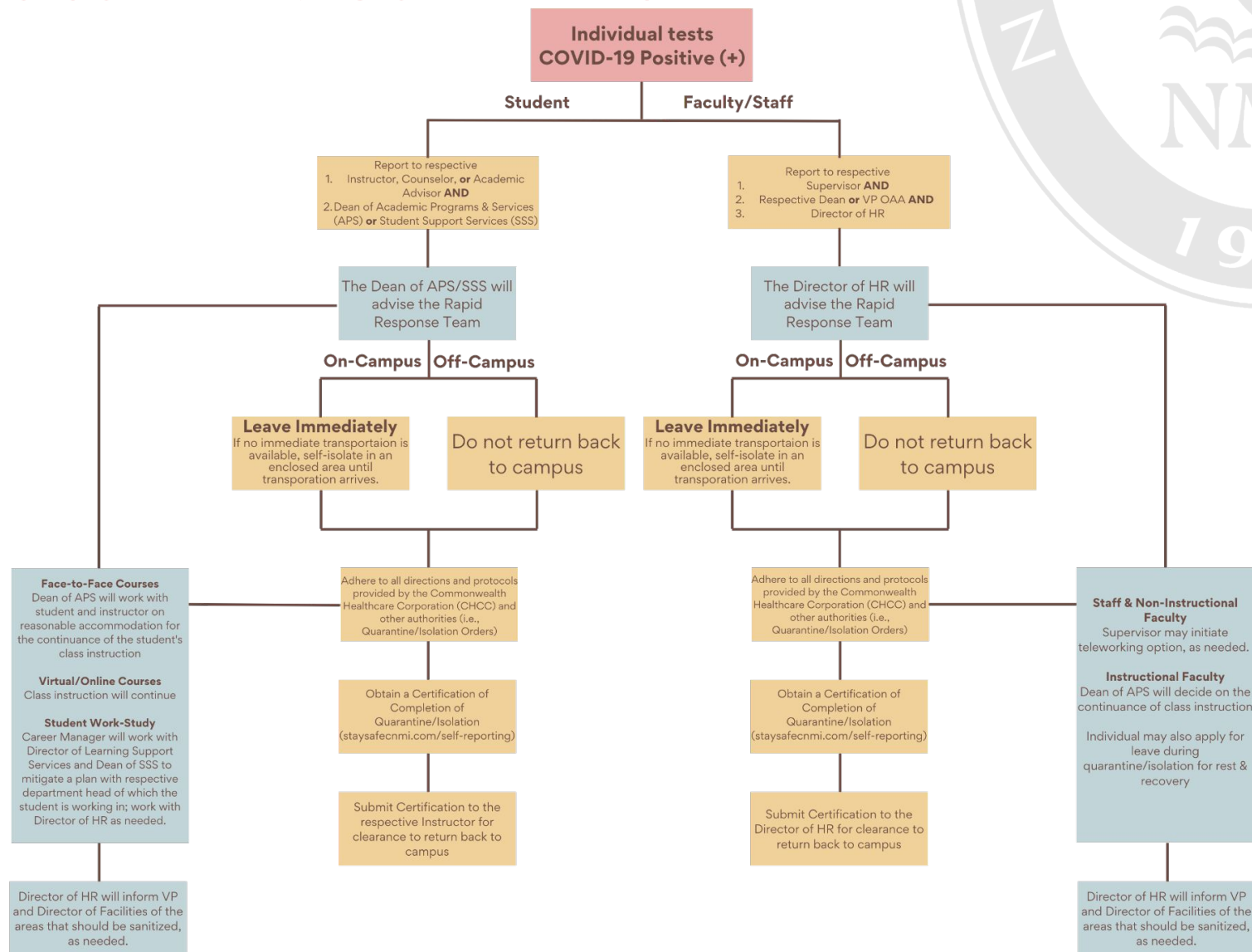
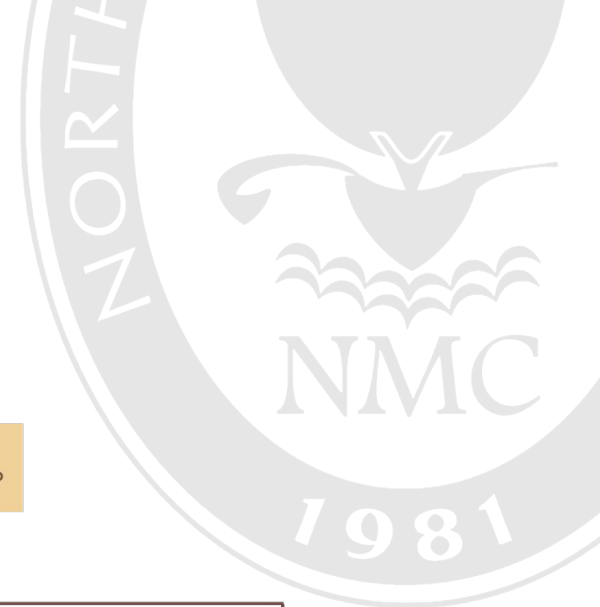
## Current Phase: Sailing Ahead

This phase means that both the CNMI and NMC have a vaccination rate above 95%. The College will now shift to an in-person operational status with health and safety guidelines in place.

- All employees and students are required to wear a facial covering on campus.
- All employees and face-to-face students must be fully vaccinated or have an approved medical or religious exemption.
- Faculty and staff support in-person operations. College leadership will continue to maintain flexibility in determining the split between remote (teleworking) and in-person work.
- Employees and students should **stay home** if they are sick or test positive for COVID-19. Employees and students who are sick or test positive should complete daily symptom check as prescribed by CHCC and the Governor's COVID-19 Task Force.
- Employees should report for in-person work, unless approved by their direct supervisor to telework from home.
- On campus, indoor instruction resumes at 75% capacity.
- College leadership retains flexibility to adapt its operations as community health conditions require.

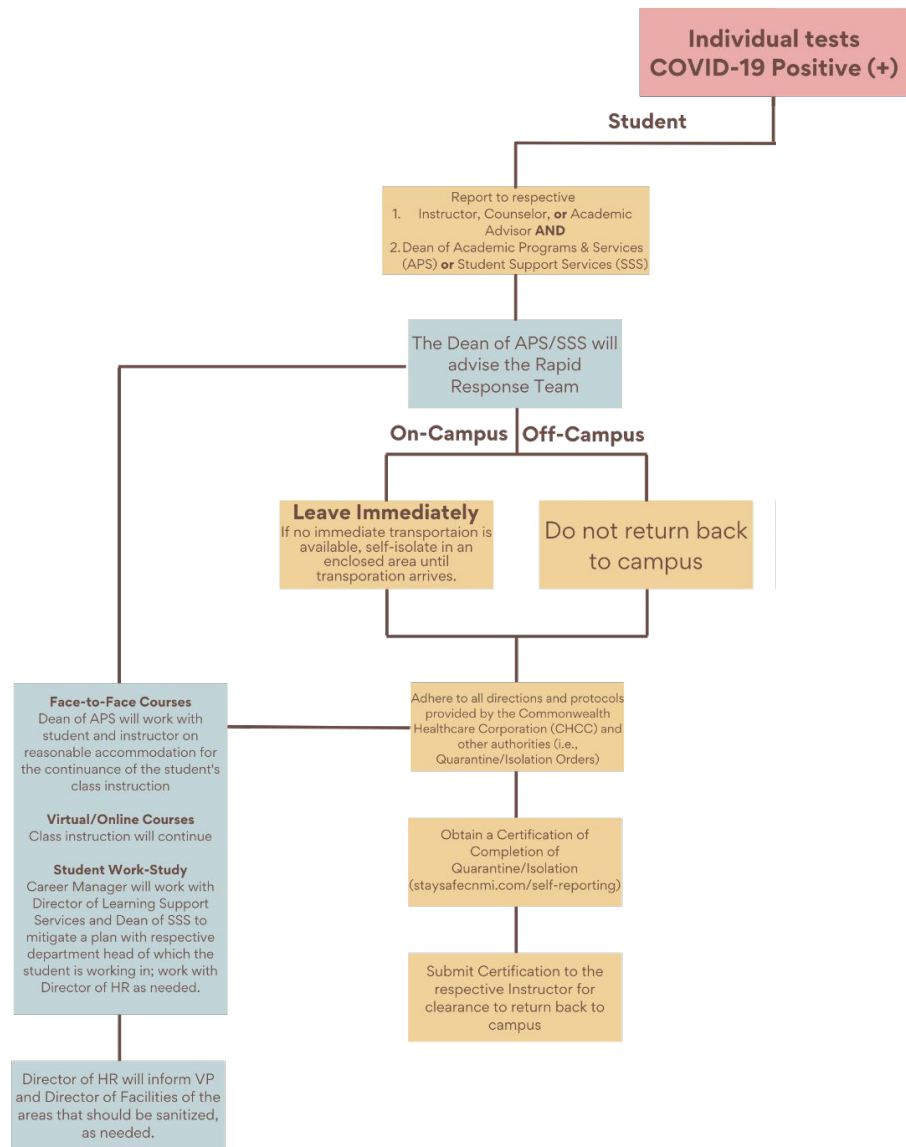


# NMC COVID-19 SOP Flow Charts





# NMC COVID-19 SOP Flow Charts



**Individual tests  
COVID-19 Positive (+)**

**Student**

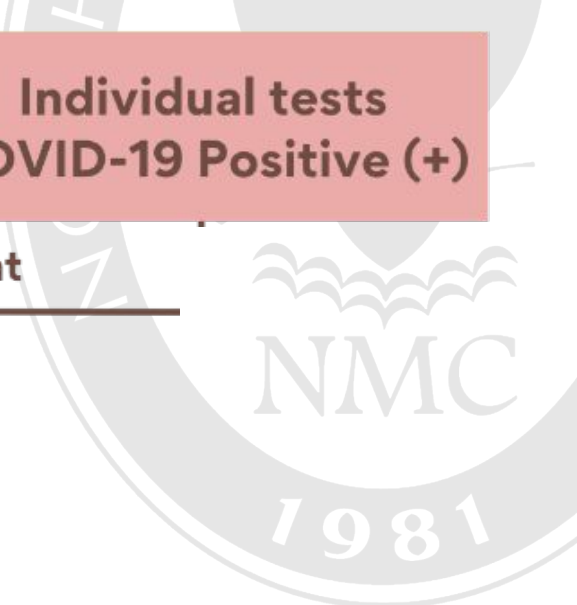
- Report to respective
1. Instructor, Counselor, **or** Academic Advisor **AND**
  2. Dean of Academic Programs & Services (APS) **or** Student Support Services (SSS)

The Dean of APS/SSS will advise the Rapid Response Team

**On-Campus** | **Off-Campus**

**Leave Immediately**  
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Do not return back to campus



## Individual tests COVID-19 Positive (+)

**Face-to-Face Courses**  
Dean of APS will work with student and instructor on reasonable accommodation for the continuance of the student's class instruction

**Virtual/Online Courses**  
Class instruction will continue

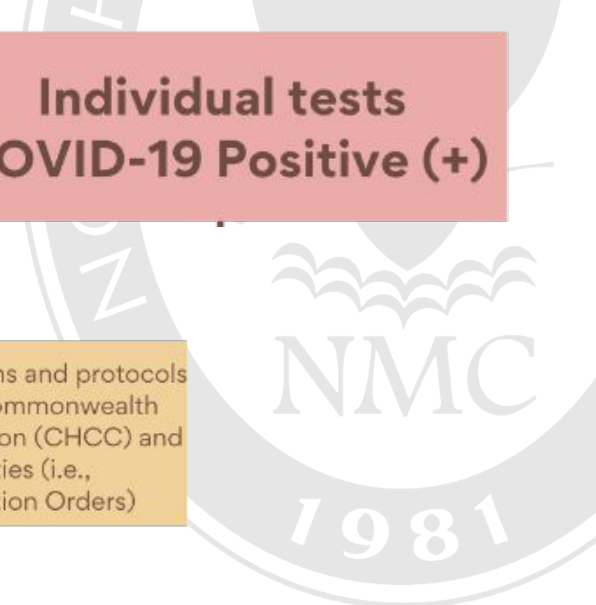
**Student Work-Study**  
Career Manager will work with Director of Learning Support Services and Dean of SSS to mitigate a plan with respective department head of which the student is working in; work with Director of HR as needed.

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.

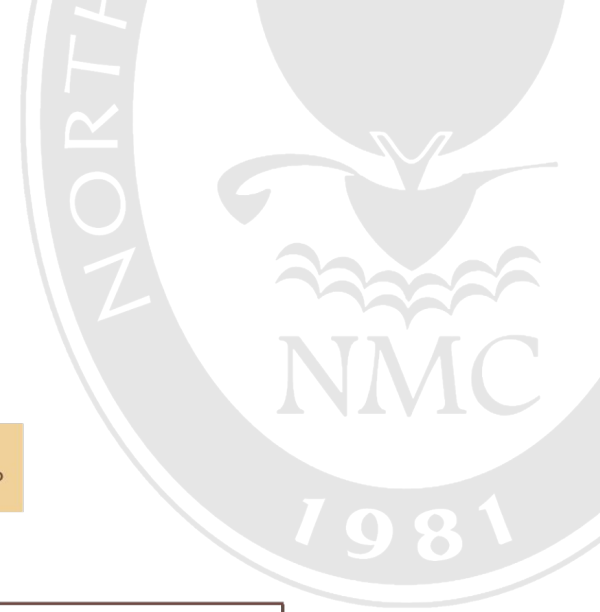
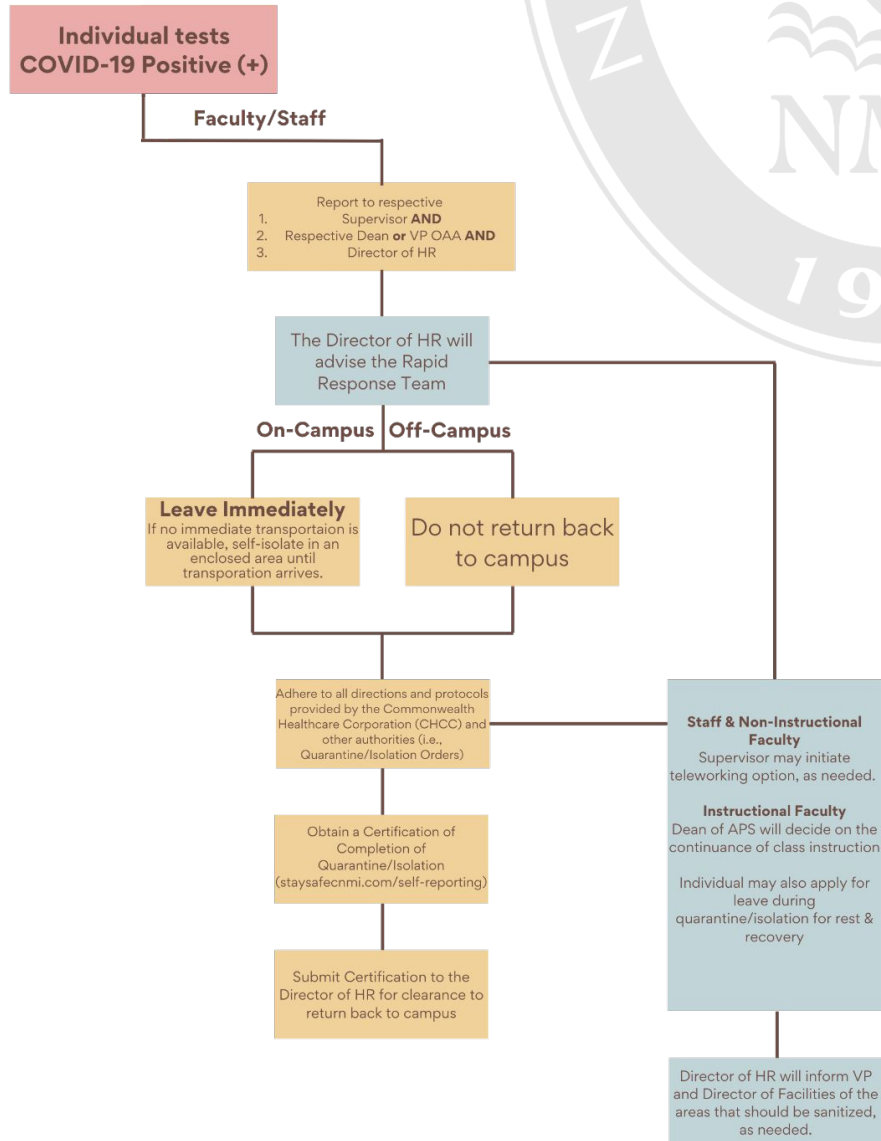
Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

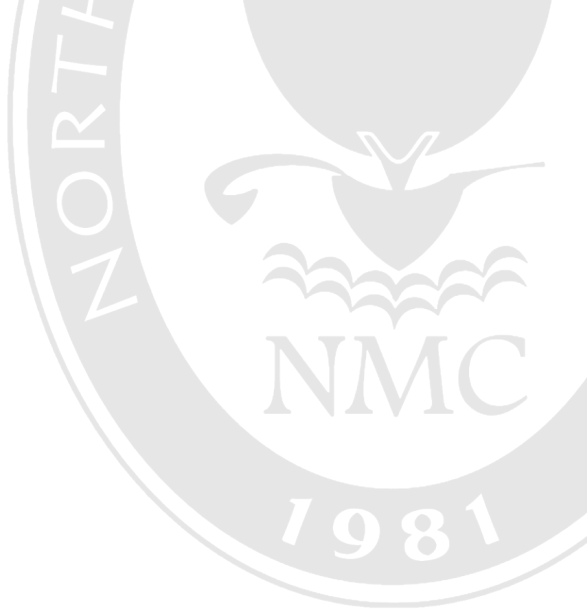
Obtain a Certification of Completion of Quarantine/Isolation ([staysafecnmi.com/self-reporting](https://staysafecnmi.com/self-reporting))

Submit Certification to the respective Instructor for clearance to return back to campus



# NMC COVID-19 SOP Flow Charts





**Individual tests  
COVID-19 Positive (+)**

**Faculty/Staff**

- 1. Report to respective Supervisor **AND**
- 2. Respective Dean **or** VP OAA **AND**
- 3. Director of HR

The Director of HR will advise the Rapid Response Team

**On-Campus    Off-Campus**

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### Staff & Non-Instructional Faculty

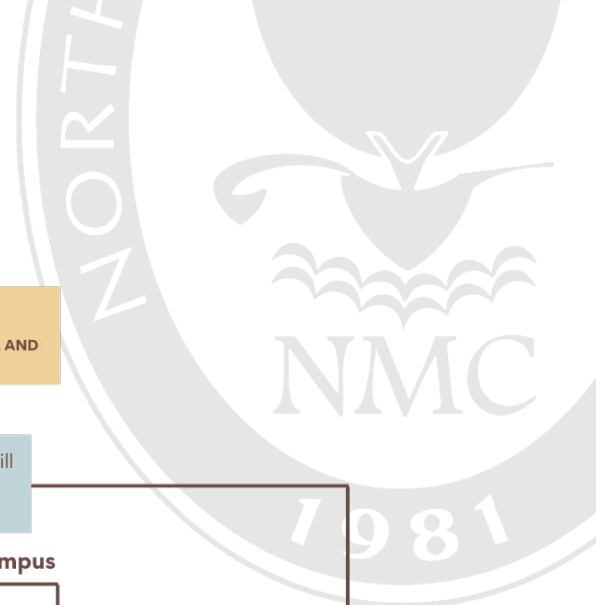
Supervisor may initiate teleworking option, as needed.

### Instructional Faculty

Dean of APS will decide on the continuance of class instruction

Individual may also apply for leave during quarantine/isolation for rest & recovery

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.



**Individual tests  
COVID-19 Positive (+)**

**Student**                      **Faculty/Staff**

Report to respective  
1. Instructor, Counselor, or Academic Advisor **AND**  
2. Dean of Academic Programs & Services (APS) or Student Support Services (SSS)

Report to respective  
1. Supervisor **AND**  
2. Respective Dean or VP OAA **AND**  
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The Dean of APS/SSS will advise the Rapid Response Team

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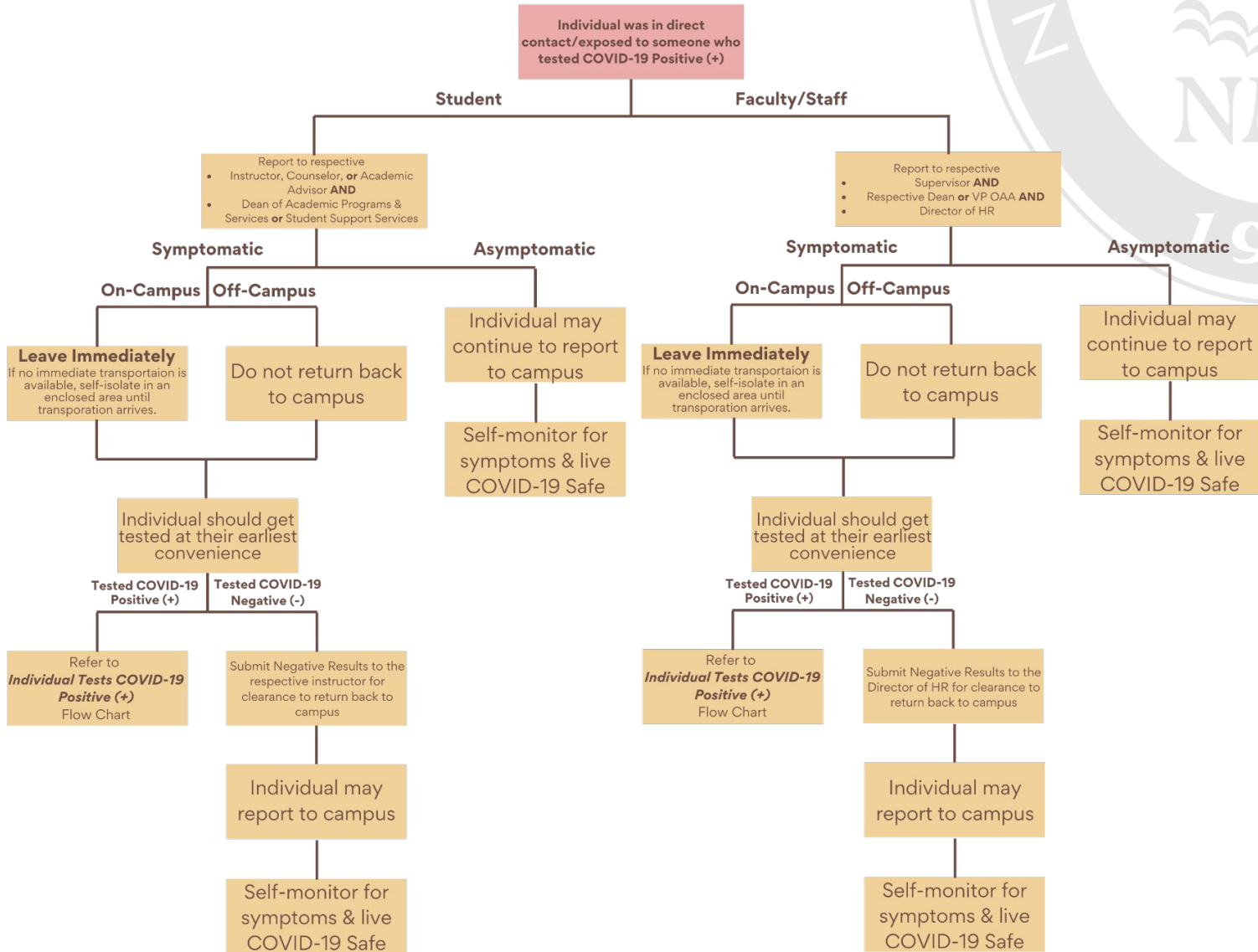
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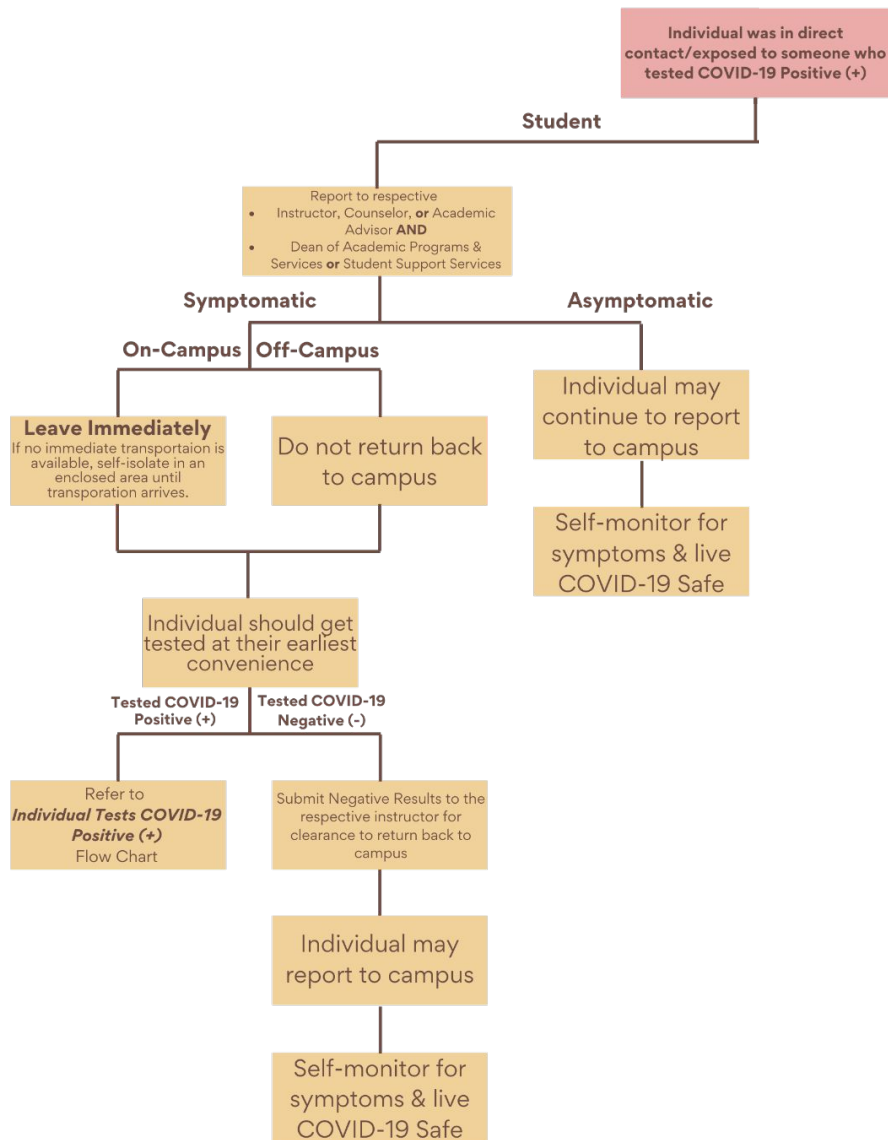
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# NMC COVID-19 SOP Flow Charts





# NMC COVID-19 SOP Flow Charts



Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

Student

- Report to respective
- Instructor, Counselor, **or** Academic Advisor **AND**
  - Dean of Academic Programs & Services **or** Student Support Services

**Symptomatic**

**Asymptomatic**

**On-Campus**

**Off-Campus**

**Leave Immediately**

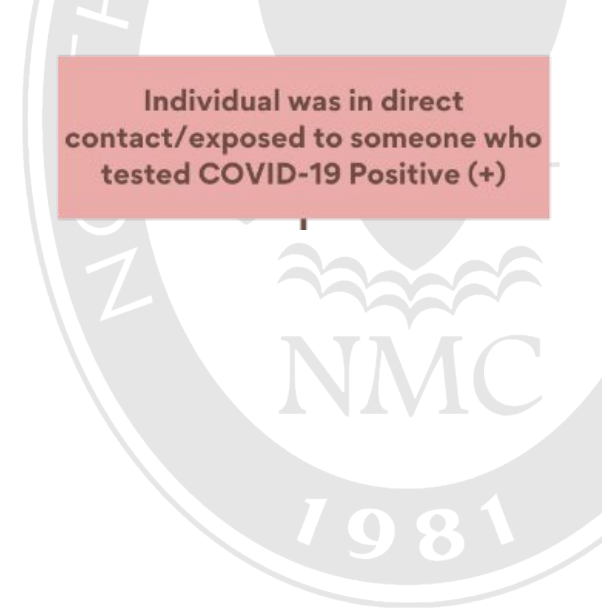
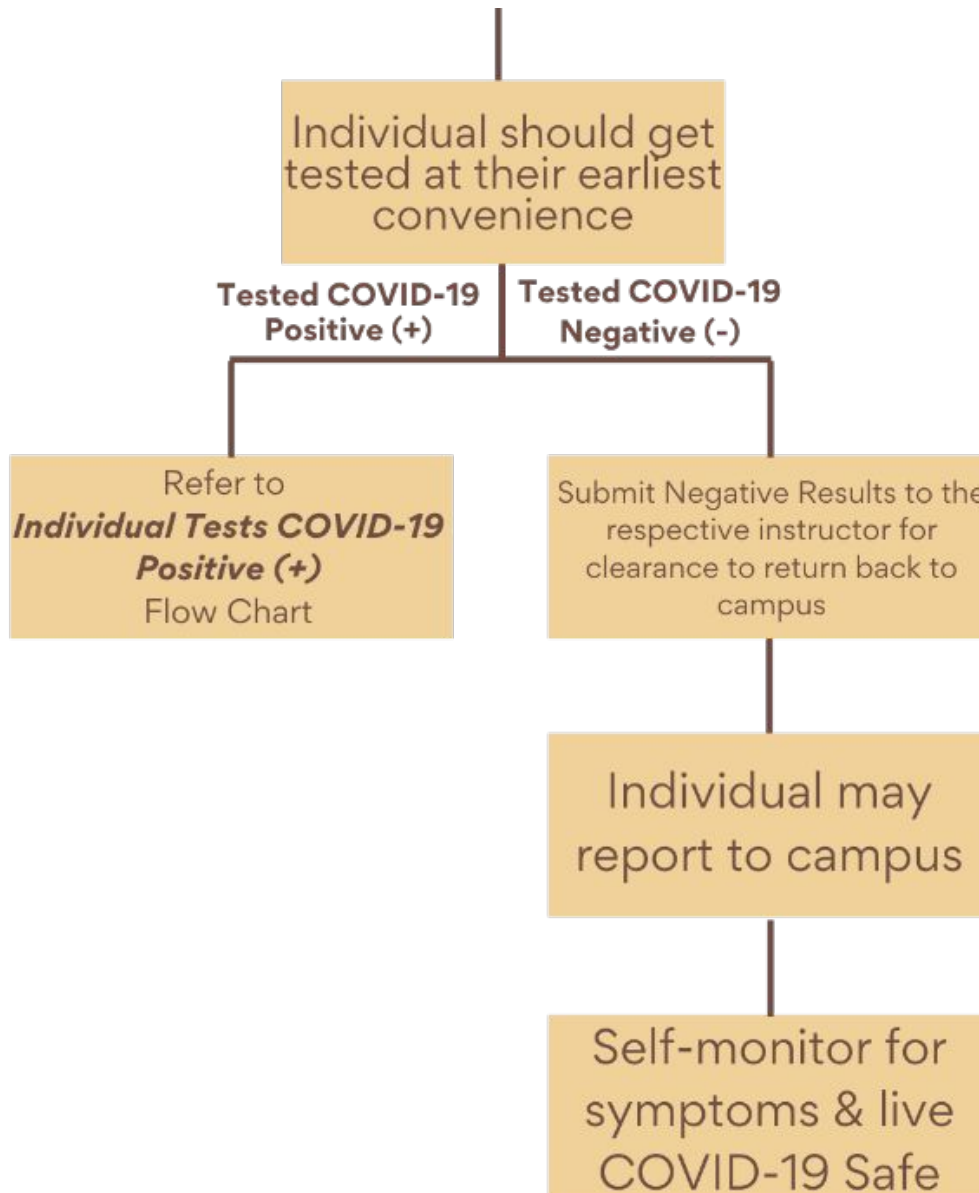
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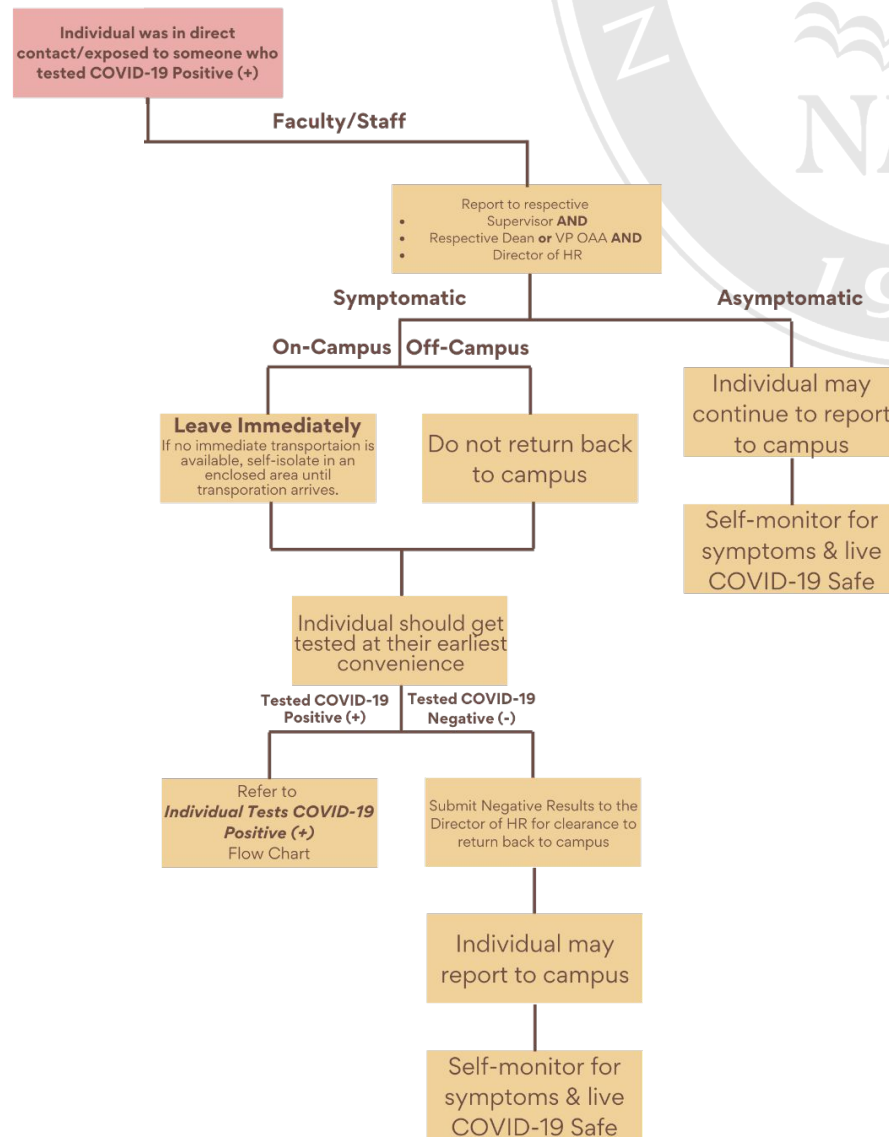
Individual may continue to report to campus

Self-monitor for symptoms & live COVID-19 Safe

Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)



# NMC COVID-19 SOP Flow Charts





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**Faculty/Staff**

- Report to respective Supervisor **AND**
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**Symptomatic**

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**On-Campus**

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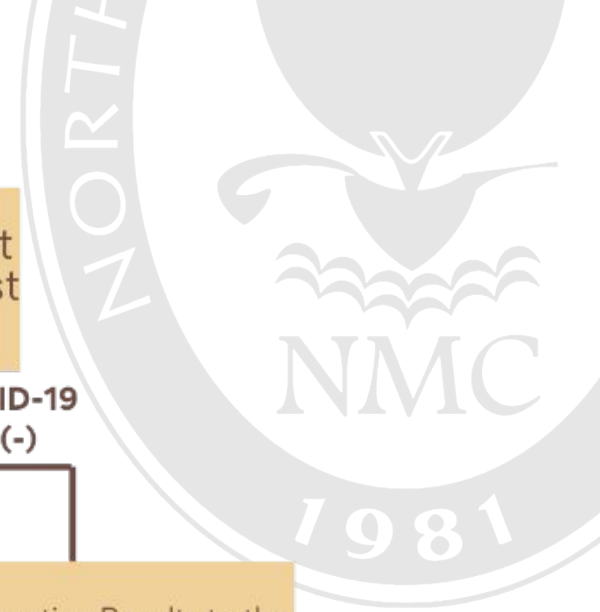
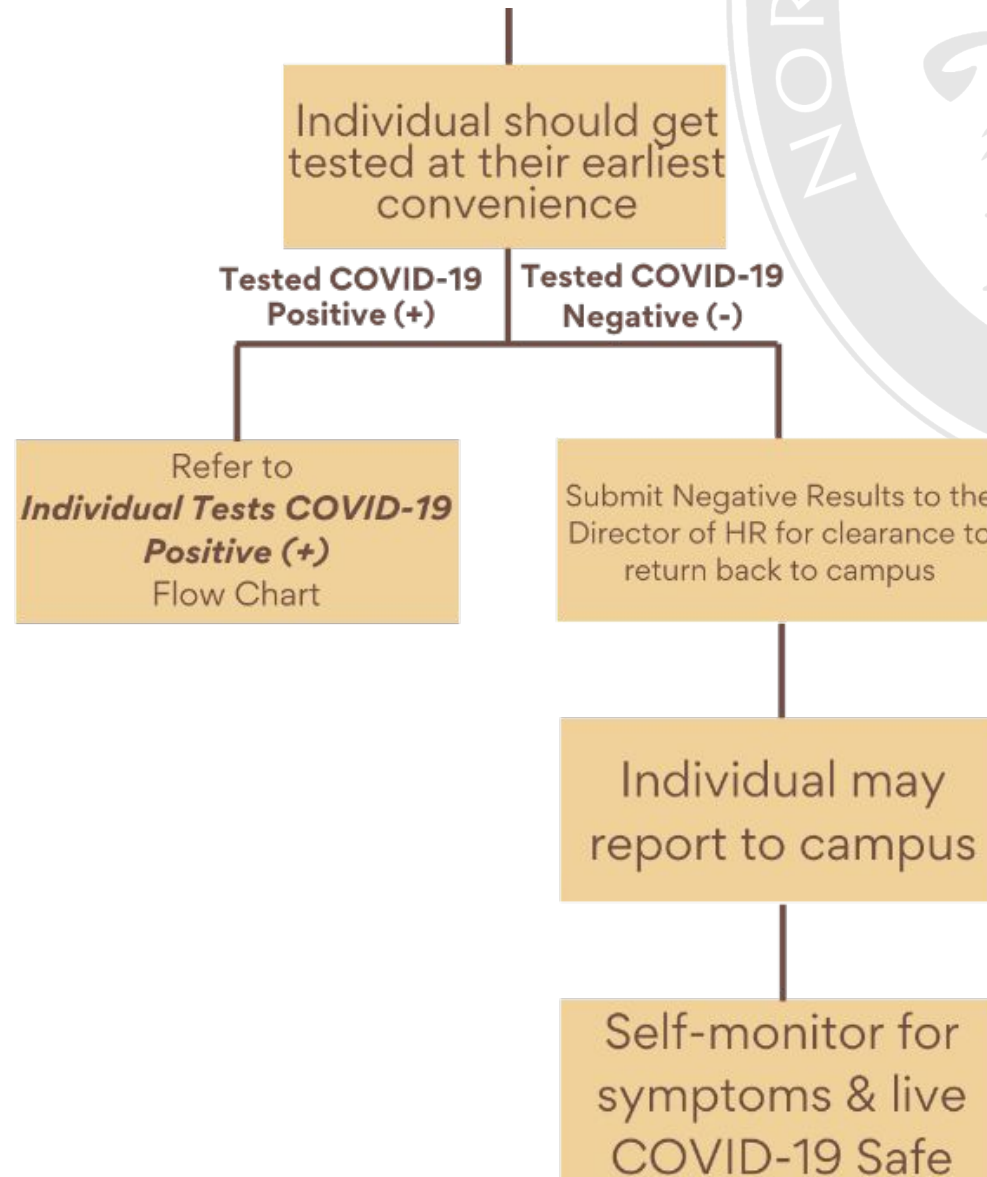
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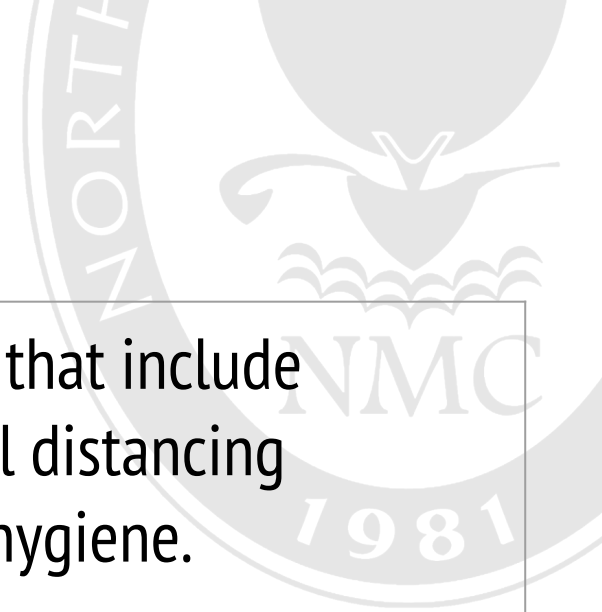
Individual may continue to report to campus

Self-monitor for symptoms & live COVID-19 Safe

Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)



# NMC COVID-19 Key Takeaways



- 1** Continue to exercise preventive measures that include obtaining vaccine and booster shots, social distancing (whenever possible), and practicing good hygiene.
- 2** If you test positive for COVID-19, stay home and follow isolation / quarantine instructions.
- 3** If you have been exposed to someone who is positive for COVID-19, you are **able** to come to work or attend class if you are asymptomatic.

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# Mental Health Resources

## Kaelani Demapan



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## Director of Project PROA





## Disclaimer:

**The information contained in this presentation is only intended as general resource information that is made available to the public.**

# Take care of your mental health

*Your mental health matters*

- Stay calm
- Strengthen your immune system
- Exercise and keep active for a healthy mind and body
- Think positive and focus on what you can control
- Find your strength
- Connect with family and friends

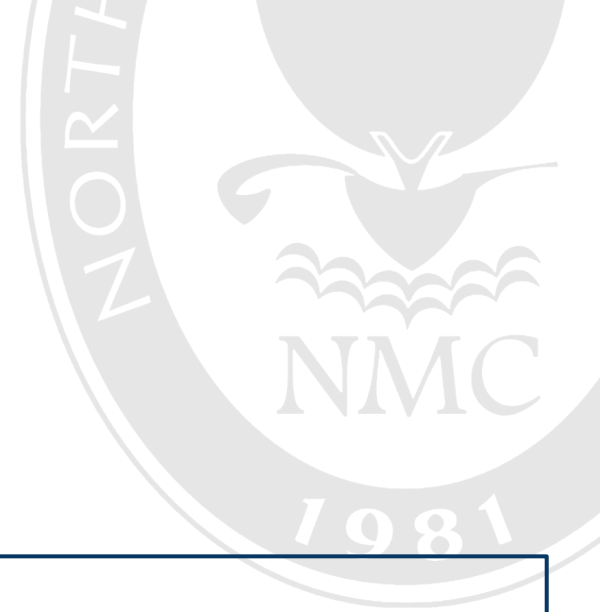


COMMONWEALTH HEALTHCARE CORPORATION

# COMMUNITY GUIDANCE CENTER



Gloria Drive, Navy Hill  
Saipan, MP 96950  
(670) 323-6560



## CHILD, YOUTH, AND YOUNG ADULT MENTAL HEALTH SERVICES

### **System of Care Program**

(670) 664-4604

Provides mental health services and support to children and youth who are experiencing or are at-risk of developing serious emotional challenges.

### **Healthy Transitions Program**

(670) 323-1900

Provides behavioral health services and supports to youth and young adults who are experiencing, or at risk of, developing a serious mental illness, serious emotional disturbance, and/or substance use disorder.

## ADULT MENTAL HEALTH SERVICES

### **Wellness Clinic**

(670) 323-4063

Provides mental health services and support to all victims of crime and other community members experiencing mental health challenges in the CNMI.

### **Transitional Living Center/Day Program**

(670) 323-4060

Provides programs and rehabilitation services for individuals with severe and persistent mental illness and those with disabilities to help them achieve independence.

## DISASTER RECOVERY SERVICES

### **Disaster Response Program**

(670) 323-1901

Provides treatment and recovery support services to decrease the negative impact of Typhoon Mangkhut and Super Typhoon Yutu disasters on adults and their families.

### **Behavioral Health Response Program**

(670) 284-0845

Supports and coordinates crisis intervention services, mental and substance use disorder treatment, and other related support services for children and adults impacted by the COVID-19 Pandemic.

### **Crisis Counseling Program**

(670) 284-0843

Provides emotional support and assistance to those impacted by the ongoing COVID-19 Pandemic through brief mental health community-based outreach, referral, education and awareness services.

The Community Guidance Center partners with CNMI individuals, families, and communities toward a life of hope, healing, and health through substance use disorder prevention and the promotion of wellness and recovery.



## SUICIDE PREVENTION AND INTERVENTION SERVICES

### **Suicide Prevention Program**

(670) 664-5483

Provides prevention, intervention, and postvention services to those with thoughts or attempts of suicide.

## SUBSTANCE USE DISORDER SERVICES

### **Treatment and Recovery Clinic**

(670) 323-6560

Provides outpatient and after care services to help individuals with substance use disorder and their families pursue wellness and recovery.

## CONTACT INFORMATION

For questions or assistance in selecting appropriate services,  
please contact the CGC main office.

### SAIPAN

Navy Hill

(670) 323-6560/1

### TINIAN

San Jose

(670) 433-6573

### ROTA

Sinapalo II

(670) 532-6463

For more information  
and updates:



@cnmichcc



CHCC Community Guidance Center



www.chcc.gov.mp



@cnmi.chcc.cg

*If you are in an emergency, please call 911*

*and seek care at the Emergency Department.*

*The National Suicide Prevention Hotline is 1-800-273-8255.*

*Hope. Healing. Health.*

"This project was supported by Grant No. 1H79FG000143-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Commonwealth Healthcare Corporation (CHCC). The contents above are solely the responsibility of the CHCC and do not necessarily represent the official views of SAMHSA."

### **Mental Health Support Line**

For mental health support and coping skills,  
call **(670) 284-0844/0845** or **(670) 284-0847**.

*Available every day, 8:30 a.m. to 3:30 p.m.*

## TRAINING AND OUTREACH SERVICES

(670) 323-1900/01

cnmi.chcc.cg@gmail.com

Provides training and community support services that include:

- Mental Health First Aid - Adult & Youth Curriculum
- Applied Suicide Intervention Skills Training
- Basic Gatekeeper: Question, Persuade, and Refer
- Psychological First Aid
- Pacific Jurisdiction Substance Abuse Prevention Skills Training
- Ethics in Prevention

# Disaster Distress Helpline

PHONE: 1-800-985-5990  
TEXT: "TalkWithUs" to 66746

<http://disasterdistress.samhsa.gov>



## Having Trouble Coping?

After a disaster, many survivors (including children and teens), loved ones of victims, or first responders are at risk for distress. It's important to know when to ask for help. Signs of stress related to disaster may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than you should
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Yelling or fighting with family and friends
- Having thoughts and memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

If you are experiencing any of these symptoms and they are making it hard to get things done, get through your day, or are getting worse, please call or text:

**Disaster Distress Helpline 1-800-985-5990**  
**Text "TalkWithUs" to 66746**



*Faith, Hope and*

**KARIDAT**

**Catholic Charities - Diocese of Chalan Kanoa**



## Tips for helping a friend experiencing domestic abuse during COVID-19.



**Ask them how they would prefer to connect**

"How would you prefer we connect?"



**Stay in touch and be creative**

"Let's have a call with the kids?" or,  
"Let's play a game online."



**Be supportive and believe in them**

"You are not alone. I care about you,  
and I'm here for you, no matter what."



**Help them think through how to stay safe**

"Let's develop a safety plan."



**Help them find a local domestic violence helpline**

"Here is the contact information for  
that grocery store I told you about."

# VICTIM HOTLINE

*24/7, Safe & Confidential*

# 234-5100



# LEARNING SUPPORT SERVICES



WE ARE HERE TO  
PROVIDE SOCIAL,  
EMOTIONAL, AND  
ACADEMIC SUPPORT  
TO ALL STUDENTS!

If you are experiencing any of the following, we encourage you to reach out:

- Academic challenges
- Relationship/interpersonal challenges
- Difficulty managing your emotions and/or behaviors (i.e. feeling a lack of motivation, feeling more sad or angry than usual, isolating oneself)
- Having thoughts of harming yourself or others
- Having thoughts of suicide

## SERVICES WE OFFER

- Early Admission Advising
- Student Success Series
- Academic Advising
- Transfer Admissions Planning
- Question. Persuade. Refer. (QPR) Gatekeeper Training
- Applied Suicide Intervention Skills Training (ASIST)
- Career Assessments
- Resume Writing
- Mental Health First Aid Training (MHFA)
- Grief Recovery Support
- Reasonable accommodations for students with disabilities



## VISIT US TODAY

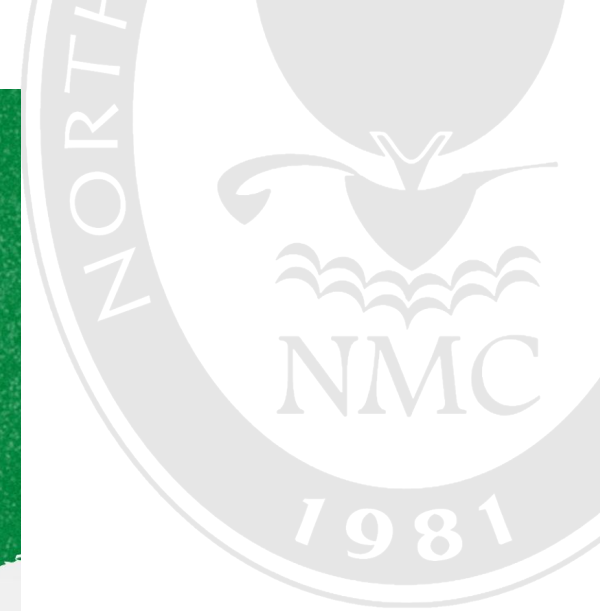
Visit us today at building M at the Northern Marianas College!

### WE ARE OPEN:

8:00 AM - 5:00 PM  
Monday to Friday

for more information or to set up an appointment email us at:

[nmc.counselors@marianas.edu](mailto:nmc.counselors@marianas.edu)





# PROJECT PROA

*We are here to help.*




## SERVICES WE OFFER

-  Advising/Counseling
-  Academic Tutoring
-  Activities/Workshops
-  College Mentoring
-  Computer/Printer Access
-  Resource Textbooks
-  Study Space

## CONTACT US

 (670) 237-6795/6776/6889

 To schedule a tutoring session email us at [tutoring@marianas.edu](mailto:tutoring@marianas.edu)

To schedule a mentoring session email us at [mentoring@marianas.edu](mailto:mentoring@marianas.edu)

Visit us today at the CNMI Archives (Building O) or email us at [projectproa@marianas.edu](mailto:projectproa@marianas.edu) for more information.

**If you need help, *ask for help.***

- CHCC-CGC Mental Health Support Lines: (670)284-0843/7
- SAMHSA Distaster Distress Hotline: 1(800)985-5990
- Karidat Victim Hotline: (670)234-5100
- NMC Learning Support Services: (670)237-6775/6891/6874
- NMC Project PROA: (670)237-6776/6795/6889





**Our most important resource is each other.**

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# Questions and Answers



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**Please send questions using the Q&A Button.  
Questions will be posed anonymously.**

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**Thank you!**

**Please complete the Feedback  
Form. Link provided in chat.**



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**<https://forms.gle/6xgcGvn2C3tCyypR7>**